

Ekaanta Ayurveda Wellness Retreat:

A Journey to Serenity by the Ganges
Where Solitude Meets the Soul

Pricing: Depends on the room type and stay duration,
please contact reservations

Gut Cleanse Program: A Journey Towards Digestive Wellness and Vitality

Welcome to the Ekaanta Ayurveda Retreat, a sanctuary where the ancient wisdom of Ayurveda meets modern understanding of wellness. This retreat is specially curated for those seeking harmony between mind and body. Immerse yourself in practices like yoga, meditation, and Ayurvedic therapies, all while embracing the serenity of the Ganges.

Inclusions	7 Nights	14 Nights	21 Nights
<i>Ayurvedic Treatments</i>	14	28	42
<i>Nature Walks</i>	7	10	15
<i>Guided Meditations</i>	5	10	20
<i>Yoga Sessions</i>	5	10	20
<i>Stress Relieving Wellness Sessions</i>	3	7	10
<i>Mindfulness Sessions</i>	3	7	10

At Ekaanta, we understand the critical role of gut health in overall well-being. Our Colon and Gut Cleanse program is specially designed to purify the digestive system, balance the doshas, and enhance your body's natural healing abilities. Through a combination of traditional Ayurvedic therapies, personalized nutrition, and mindfulness practices, we offer a holistic path to digestive wellness and vitality.

Key Ayurvedic Therapies for Colon and Gut Cleanse

PANCHAKARMA

Panchakarma, the cornerstone of Ayurvedic cleansing, is tailored to detoxify the colon and gut effectively. This comprehensive program includes:

- **Virechana (Purgation Therapy):** Cleanses the liver and colon, removing toxins and excess Pitta.
- **Basti (Ayurvedic Enema):** Utilizes herbal decoctions and oils to cleanse the colon and restore Vata balance, significantly improving gut health.

ABHYANGA WITH SPECIAL FOCUS ON THE ABDOMEN

- A gentle, detoxifying massage using warm, herbal-infused oils, focusing on the abdominal area to stimulate digestion and assist in the removal of toxins.

UDVARTANA (HERBAL POWDER MASSAGE)

- A powerful exfoliating therapy using a dry herbal powder mix that stimulates the lymphatic system, aiding in the removal of toxins and reducing excess Kapha, which is often linked to digestive issues.

DIGESTIVE HEALTH WORKSHOPS

Educational sessions on Ayurvedic diet and lifestyle practices that support digestive health, including:

- **Ayurvedic Nutrition:** Understanding the best foods and spices to enhance digestion and assimilation.
- **Dinacharya (Daily Routine):** Implementing Ayurvedic daily routines to support gut health.

YOGA AND PRANAYAMA FOR DIGESTIVE HEALTH

Specific yoga asanas and breathing techniques that promote digestive health, including:

- **Asanas:** Poses like Pavanmuktasana (Wind-Relieving Pose) and Trikonasana (Triangle Pose) that specifically aid digestion.
- **Pranayama:** Breathing exercises such as Kapalabhati (Skull Shining Breath) to stimulate the digestive fire (Agni) and improve gut health.

MINDFULNESS AND STRESS REDUCTION

Techniques to reduce stress and its impact on digestive health, including guided meditation and mindfulness practices.

Inclusions:

1. **ACCOMMODATION:** Luxurious and serene accommodations to ensure a peaceful stay.
2. **WELLNESS MEALS:** Nutritious and balanced meals, tailored to support detoxification and cleansing.
3. **PERSONALIZED WELLNESS CONSULTATION:** Initial consultation with wellness experts to tailor your program.
4. **AYURVEDIC THERAPIES:** A range of Ayurvedic treatments including massages and body therapies.
5. **YOGA AND MEDITATION SESSIONS:** Daily sessions to enhance physical flexibility and mental clarity.
6. **MINDFULNESS ACTIVITIES:** Workshops and activities focused on stress relief and mental well-being.
7. **NATURE WALKS AND OUTDOOR ACTIVITIES:** Guided walks and activities in the serene natural surroundings of Ekaanta.
8. **HEALTH WORKSHOPS:** Educational sessions on nutrition, lifestyle, and wellness.
9. **PERSONALIZED DETOX PLAN:** A detox plan designed specifically for your body type and wellness goals.
10. **POST-PROGRAM SUPPORT:** Guidance and tips for maintaining a healthy lifestyle post-retreat.

Benefits of the Program:

- **Enhanced Digestive Function:** Promotes healthy digestion and nutrient absorption.
- **Detoxification:** Aids in the removal of toxins, contributing to overall health and vitality.
- **Stress Reduction:** Incorporates practices that reduce stress and its negative impact on gut health.
- **Improved Energy Levels:** Through better digestion and detoxification, experience an increase in energy and vitality.
- **Balanced Gut Flora:** Supports a healthy balance of gut bacteria, crucial for digestion and immunity.
- **Lifestyle Transformation:** Offers tools and knowledge for sustainable health and wellness practices.

CONTACT INFORMATION:

For more details and bookings, call +919936294022
